

February 2018 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	2 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	3
4	5 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	6 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	7 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	8 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	9 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	10
11	12 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	13 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	14 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	15 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm NO Fit in 30 — will be Friday 2/16 6:00-6:45 pm F.I.T.	16 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 12:00-12:30 pm Fit in 30 9:00-10:00 am Flex & Stretch	17
18	19 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	20 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	21 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	22 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	23 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	24
25	26 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	27 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	28 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo		Classes in BLUE are held in the indoor pool	